

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--|--|--|--|--|--|
| 7:00 | Athlete Development Program 7:00-8:00AM | Athlete Development Program 7:00-8:00AM | Athlete Development Program 7:00-8:00AM | Athlete Development Program 7:00-8:00AM | | Athlete Development Program 7:00-8:00AM |
| 8:00 | Athlete Development Program 8:00-9:00AM | Athlete Development Program 8:00-9:00AM | Athlete Development Program 8:00-9:00AM | Athlete Development Program 8:00-9:00AM | | Athlete Development Program 8:00-9:00AM |
| 9:00 | | | | | | Athlete Development Program 9:00-10:00AM |
| 10:00 | Athlete Development Program 10:00-11:00AM | Athlete Development Program 10:00-11:00AM | Athlete Development Program 10:00-11:00AM | Athlete Development Program 10:00-11:00AM | | Athlete Development Program 10:00-11:00AM |
| 11:00 | Athlete Development Program 11:00-12:00PM | Athlete Development Program 11:00-12:00PM | Athlete Development Program 11:00-12:00PM | Athlete Development Program 11:00-12:00PM | | |
| 12:00 | | | | | | |
| 13:00 | | | | | | |
| 14:00 | Athlete Development Program 2:00-3:00PM | Athlete Development Program 2:00-3:00PM | Athlete Development Program 2:00-3:00PM | Athlete Development Program 2:00-3:00PM | | |
| 15:00 | Athlete Development Program 3:00-4:00PM | Athlete Development Program 3:00-4:00PM | Athlete Development Program 3:00-4:00PM | Athlete Development Program 3:00-4:00PM | | |
| 16:00 | Athlete Development Program 4:00-5:00PM | Athlete Development Program 4:00-5:00PM | Speed, Agility & Conditioning Program 4:00-5:00PM | Athlete Development Program 4:00-5:00PM | Speed, Agility & Conditioning Program 4:00-5:00PM | |
| 17:00 | Athlete Development Program 5:00-6:00PM | Athlete Development Program 5:00-6:00PM | Speed, Agility & Conditioning Program 5:00-6:00PM | Athlete Development Program 5:00-6:00PM | Speed, Agility & Conditioning Program 5:00-6:00PM | |
| 18:00 | Athlete Development Program 6:00-7:00PM | Athlete Development Program 6:00-7:00PM | Athlete Development Program 6:00-7:00PM | Athlete Development Program 6:00-7:00PM | | |
| 19:00 | Athlete Development Program 7:00-8:00PM | Athlete Development Program 7:00-8:00PM | Athlete Development Program 7:00-8:00PM | Athlete Development Program 7:00-8:00PM | | |